

**NEWS from the North Dakota Department of Human Services
600 East Boulevard Avenue – Department 325, Bismarck ND 58505-0250**

FOR IMMEDIATE RELEASE

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Educational Forum on Health and Wellness is Aug. 16 at Spirit Lake Casino

BISMARCK, N.D. – The Governor’s Committee on Aging is hosting an education forum on health and wellness for older adults on Fri., Aug. 16, 2013, from 9:30 a.m. to 3 p.m. at the Spirit Lake Casino and Resort in St. Michael. The forum is free and open to the public.

The first presentation of the morning led by Barb Frydenlund, director of nursing from the Rolette County Public Health District, will discuss proper hydration and its effects on medications. Suicide and suicide prevention will be the topic of a presentation at 11 a.m. by Micki Savelkoul from the N.D. Department of Health.

The afternoon continues with a presentation by representatives from Altru Health System on how sleep affects an individual’s nutrition, mental functions and behavior, and nervous system. The last presentation of the day will focus on the benefits of regular exercise and fitness.

“Independence is important to older adults,” said Jan Engan, director of the N.D. Department of Human Services’ Aging Services Division. “This event aims to provide seniors with interesting and beneficial information promoting good health, which is crucial for people to live independently in their own homes and communities.”

A lunch buffet is available for \$8. A meal reservation and payment are required and are due by Wed., Aug. 14. Individuals can contact Mary Wertz at Lake Region Human Service Center at 701-665-2213, toll-free 1-888-607-8610, ND Relay TTY 800-366-6888, or Betty Keegan at 701-477-3637.

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